

FORT JACKSON - SOUTH CAROLINA

# Retiree Bulletin



VOLUME 1 \* 2012

## **SPECIAL ANNOUNCEMENTS**

**Fort Jackson 2012 Retiree Appreciation Days Issue.**

**Please note: Retiree Health and Benefits Expo will be held at the Solomon Center on Saturday, May 19, from 9:00 am - 1:00 pm**

**Please see the flyer on page six for the registration form.**

## **From the Chairman**

Spring 2012 greetings from your Retiree Council. I hope this finds everyone well and enjoying our great South Carolina weather. The Retiree Appreciation Days (RAD) events this year will extend from Thursday, 17 May, through Saturday, 19 May 2012, and there are a couple of fairly significant changes. It will continue to be a superb opportunity to spend time at Fort Jackson and gain further appreciation for what Fort Jackson does to support you and your Families, and share time with our fellow Retirees and veterans. Like every year, there will be several opportunities to get together, renew old friendships, create new ones, and gain valuable information regarding the network of support available to you.

The first big change to the RAD is the day of the Retiree Review. Instead of Saturday morning, it will be Thursday afternoon, 17 May, 4:30 pm, at Post Headquarters. Our Retiree constituency will be honored during a Retreat Ceremony. The guest speaker is SMA (Ret) Jack Tilley who recently completed his term as Co-Chair of the Chief of Staff of the Army's Retiree Council in 2011. The annual Retiree Appreciation Days Golf Tournament will be Friday morning, 18 May 2012, 9:00 am, at the Fort Jackson Golf Club. The Friday evening Retiree Appreciation Days Dinner WILL NOT be held this year. As much as we wanted to keep it going, there was simply not enough past participation or interest expressed for this year. The Retiree Open House/Expo will take place Saturday morning, 19 May 2012, at the Solomon Center (previously called the Community Activity Center) beginning at 9:00 am. Victory Bingo will also be held on Saturday at 1:00 pm (doors open at noon) and the No-Tap Bowling Tournament on Saturday at 6:00 pm.

Enclosed in the bulletin is the Retiree Appreciation Days Flyer and sign up form. It provides specific times and locations for the events and where to get additional information. Please take the time to read it thoroughly. The staff asks that we provide our RSVPs and payment, where applicable, as soon as possible. This will allow Fort Jackson to better anticipate requirements and support the event. We anticipate space being limited; therefore, those interested should get their RSVPs in as soon as possible. For those who have not attended the RAD in the past, this year is a great time to start. I strongly encourage all to attend. I think you will be very pleased with your experience. Hope to see you there.

The Council remains active at Fort Jackson and focused on your issues and needs. There is no greater responsibility for a Retiree than to help ensure the continued support of the men, women, and Families who have so selflessly served their Nation. Whether you retired many years ago or last week, the Retiree Council is here for you and interested in doing its best to represent your interests. We can't promise action or change on each individual issue, but we can assure you your input will be heard and considered, and you will receive a response from us. Please seek us out when you need help or have questions. Our names and numbers are on the back of the bulletin and we'll be visible and available at the RAD as well.

**(Continued on page 2)**

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## From the Chairman (Continued from page 1)

Another way to provide feedback to the installation on the RAD or other Retiree issues you deem appropriate is the Interactive Customer Evaluation (ICE) which you can access online through the Fort Jackson website homepage or through use of the ICE cards that are located at all key points of service on Fort Jackson. I encourage you to use whatever means you are most comfortable with to ensure you are heard.

Please read the bulletin cover to cover. You will find information of interest that may answer a question you have or provide you something you can use day to day. Based on several recent issues with Retiree casualty assistance, we have worked with the Fort Jackson Directorate of Human Resources (DHR) to develop a casualty assistance checklist. The casualty assistance checklist is enclosed in this bulletin along with an article that talks in detail about the casualty assistance process. The intent is to inform Retirees and their Families about the process and provide a guide to help them prepare well ahead of time for a Retiree's passing. I strongly urge you to read the article carefully, share it with your spouse or loved ones, and complete the checklist. The Fort Jackson DHR and their Casualty Assistance Center are committed to providing the best support possible at this most critical time. Taking the time to prepare this checklist will help them help us. Please contact the Retirement Services Officer at (803) 751-6715 or the Casualty Assistance Center Supervisor at (803) 751-5763 for further information.

Many thanks to MG Milano, COL Currey, COL Royalty, COL Love, COL (Ret) Nahrwold, COL (Ret) Youmans, CSM Culbertson, and the entire Garrison staff; COL Fiore and her Moncrief Army Community Hospital staff; and the many other agencies across Fort Jackson for their continuing support of our community. We greatly appreciate your friendship, support, and efforts on our behalf.

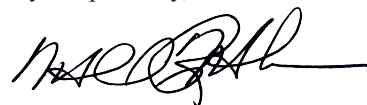
All of us have a story to tell. A great way to continue our service is to find opportunities to tell that story to young men and women, their parents, and the community at large about the positive affects it has had on our lives and Families. Let's do all we can to continue encouraging America's youth to serve.

My sincere appreciation goes out to each of you for your service to our Nation and your continued support of its interests. You and your Families have much to be proud of. The legacy of excellence and service you left behind is embodied in today's outstanding leaders and Service Members.

They protect us, our Nation, and its interests around the world, most visibly, in Afghanistan. Don't forget to say a prayer for all those great Americans in harm's way and their Families. Thanks again, to every Retiree and your Families for all you have done and continue to do to support our Armed Forces, our Community, and our Nation. It is a privilege to serve you.

Have a great Spring and Summer. I'll look forward to seeing you at our Retiree Appreciation Days events in May. God Bless you, your Families, and the United States of America.

Very Respectfully,



Mike Molosso, Col, USA, Retired

## Family and MWR

### Fort Jackson Main Post Library Offers Services for Retirees

The Fort Jackson Main Post Library (FJMPL) provides a wide range of services for our retirees such as large print and audio books, e-books, readers' advisory services, computers, and scanning services. Our collection includes print and audiovisual materials in a variety of subjects. These subjects include employment readiness, financial planning, health and wellness, hobbies, cooking, fitness, travel, military history, and of course popular authors and bestsellers.

The FJMPL hosts a number of programs in partnership with other Fort Jackson community resources. Retirees are invited to join the Victory Readers Book Club which meets the first Thursday of every month. All military personnel, retired military, and their Family Members who have valid military identification are welcome to stop by the FJMPL to register and become part of what is happening.

For more information, call (803) 751-5589. The Fort Jackson Main Post Library is located at 4679 Lee Road. Hours of operation are Monday-Thursday, 11:00 am to 8:00 pm. Weekend hours are Friday-Sunday, 11:00 am to 5:00 pm. The library's catalog can also be conveniently searched from any computer using this link: <http://mylibraryus.fmwr.net/search~S30>

## FORT JACKSON LEADER

Stay informed on Fort Jackson events and issues by visiting [www.jackson.army.mil](http://www.jackson.army.mil) or access The Leader Online at [www.fortjacksonleader.com](http://www.fortjacksonleader.com)



## Medical

### Moncrief Army Community Hospital (MACH) Updates

MACH continues to have TRICARE Prime enrollment availability for all Active Duty Family Members, Retirees, and Retiree Family Members. Pediatric enrollment is also available. Visit the TRICARE Service Center on the 10th floor for additional information. MACH is on FACEBOOK! Become our friend today and get valuable updates!

MACH is announcing cancellations of primary care appointments on Twitter! These are appointments that have been cancelled the same day as the appointment and would be difficult to fill because of the short notice. The appointment becomes available to the first-come first-serve patient. Sign up today at <http://twitter.com/MACHCSD>. Please follow Twitter to get these valuable appointments.

Army Move! and Sports Nutrition classes are now offered online! To register, visit Army Knowledge Online at [www.us.army.mil](http://www.us.army.mil). Select Self Service, click on My Medical, scroll down to the Ultimate Warrior Community and register for the Army Move! or HOOAH Bodies communities (directions on website). Army Move! is the DoD program designed to help Soldiers and Family Members lose weight, keep it off, and improve their health.

TRICARE Online (TOL) Blue Button continues serving our beneficiaries! Beneficiaries can learn more at [www.tricareonline.com](http://www.tricareonline.com).

TRICARE Online Booking Appointments for Minors (TBAM): What is TBAM? It is a feature within TOL that allows authorized adult Family Members to schedule, view, and cancel both primary care and select self-referral specialty appointments on behalf of themselves, other adult Family Members (who have been granted access), and minor children (under 18 years of age). To Access TBAM beneficiary users must log into [www.tricareonline.com](http://www.tricareonline.com) using either their DoD Self-Service Logon (DS Logon) or Common Access Card (CAC). For more information, contact TOL customer service which is available 24 hours/7 days a week at 1-800-600-9332 (CONUS). All OCONUS telephone numbers are found at [www.tricareonline.com](http://www.tricareonline.com).

TRICARE Mail Order Pharmacy (TMOP)  
Frequently Asked Questions:

**Q:** Are you familiar with the MACH mail order pharmacy?

**A:** TMOP is a mail order pharmacy where beneficiaries can receive any prescriptions by mail that they can get by coming to the pharmacy. If you take medications regularly to treat conditions (such as high blood pressure or asthma), you can benefit from home delivery.

**Q:** How do I know if TMOP carries the prescriptions that I need?

**A:** For a detailed listing of covered drugs, excluded drugs, and quantity limits, visit the website at [www.tricareformulary.search.org](http://www.tricareformulary.search.org) or call toll-free 1-866-DOD-TMOP (1-866-363-8667).

**Q:** Who is eligible to use the TMOP?

**A:** All eligible uniformed services health system beneficiaries.

**Q:** What are the benefits of using home delivery?

**A:** Save money and time by ordering up to a 90-day supply of your medication. Register for the service online, by phone, or mail and your prescriptions will be delivered directly to you with free standard shipping.

**Q:** How do I enroll in TMOP?

**A:** You can log on to the website at <http://www.express-scripts.com/TRICARE> and use the "Make the Switch to Home Delivery" feature or call 1-877-363-1433. You can review the maintenance medications you're currently filling at network pharmacies, and then ask Express Scripts to switch them to Home Delivery. It's that easy!

### Other MACH Frequently Asked Questions:

**Q:** What is the best time to pick up a prescription at the main pharmacy so that I don't have to wait so long?

**A:** Mondays, Fridays, and Saturday mornings are the best times to pick up a prescription quickly. During the hours of 10:00 am and 2:00 pm is busiest throughout the week.

**Q:** What is TREA and when and where are meetings held?

**A:** TREA is The Retired Enlisted Association. Meetings are held on the third Friday of each month at 5:30 pm, at MACH in the 3rd floor Victory Conference Room. All enlisted retirees are welcome to attend. For more information, call Jim Rogers at (803) 740-2319.

### Important MACH Phone Numbers:

- Appointments: 751-CARE (2273)

- Appointments (Toll Free): 877-273-5584



## Medical (Continued from page 3)

- Appointment cancellations during duty hours: 751-CARE or after duty hours (4:00 p.m.): 751-2904;
- Family Health Center Telephone Consult Line: 751-5757/4045
- Health Benefits Office: 751-2425
- Hospital Information: 751-2183/2160
- Laboratory: 751-7808/2260
- Mammography (Imaging Center): 751-2417
- Medical Records Administrator: 751-4510
- Patient Administration Division: 751-2208/2773
- Patient Services Office: 751-2123/2425/2778
- Pharmacy 751-2385/2415/4051
- Pharmacy Toll Free (Refill): 751-2250
- Referral Center (Health Care Finders): 751-2363
- Third Party Collections: 751-2582
- Urgent Care Clinic: 751-2273/2211
- TRICARE Information: 1-800-444-5445

### **Moncrief Army Community Hospital (MACH) Ophthalmology Clinic**

All military retirees and their Family Members with TRICARE benefits, regardless of age, are currently eligible to be evaluated for cataract surgeries at Moncrief Army Community Hospital's Ophthalmology Clinic at Fort Jackson, SC. If you have been told that you have cataracts and are experiencing increasing difficulty with reading, driving, watching TV, seeing objects in the distance, or glare from lights, you can call the MACH Ophthalmology Clinic to make an appointment for an evaluation to see if you are a candidate for cataract surgery. A referral is not needed to be screened.

Benefits to having your surgery done at MACH include:

You may be considered for a "Premium" lens implant at the time of surgery, including implants that correct for astigmatism or a multifocal distance and near vision correcting implant that gives the best possible

chance of being free from glasses after surgery. These premium implants normally cost \$900-\$2,000 out-of-pocket per eye when done in the civilian setting as it is not covered by any insurance plan including Medicare. At this time, we are able to provide this special service at a significantly reduced rate or even free of charge if you are a good candidate as determined by the surgeon.

- No co-pays or deductibles.
- Consolidation of care and medical records if you are currently being seen or treated in the Department of Defense Health Care System.

- Care is provided by trained and friendly staff in a familiar military setting.

Please call the Ophthalmology Clinic at (803) 751-5406 to set up an appointment.

### **Welcome Home! Welcome Back to the Army Family of Care!**

The Moncrief Medical Home (MMH) is now actively enrolling TRICARE Prime beneficiaries (active duty, active duty Family Members as well as retiree/retiree Family Members) in Northeast Columbia and surrounding communities. This brand new facility, currently with five primary care providers, is focused on providing patient aligned care and treatment where you live. The MMH is Moncrief Army Community Hospital's (MACH) community-based clinic and is located off of Interstate 77, exit 19, off of Rabon Road at 1021 Pinnacle Point Drive, Suite 200, Columbia, SC 29223. Information about the clinic is found at [www.moncrief.amedd.army.mil/MMH/mmh.html](http://www.moncrief.amedd.army.mil/MMH/mmh.html) and will soon be on Facebook. This team concept of care assigns a primary care provider as well as a team of clinical professionals (Registered Nurses, License Practical Nurses, and Behavioral Wellness) and direct ancillary services (laboratory and pharmacy) to exceptional care delivered by exceptional people to every patient, every day.

If you would like to become a part of this growing evolutionary patient centered care facility, please visit the Fort Jackson TRICARE Service Center located on the 10th floor of the Moncrief Army Community Hospital to complete the TRICARE Prime Enrollment and/or a Primary Care Manager (PCM) change form. The TRICARE Service Center hours of Operation are Monday – Friday 7:30 am - 4:30 pm. For your convenience, you can also enroll on-line by visiting [www.humana-military.com](http://www.humana-military.com). After logging on, click on "Beneficiary", "Enrollment", and "Changing your PCM", and then follow the online instructions.

If you have any additional questions, please feel free to contact Mr. Jeffery F. Rimmer, Group Practice Manager at (803) 562-2138 or SFC Bob J. Spry, Non-Commissioned Officer In Charge, at (803) 562-2169.



## ID Cards

Due to the Fiscal Year (FY) 13 personnel reductions and to improve processing efficiency, the Fort Jackson ID Card Office will be transitioning to an appointment only basis. During the transition period starting 1 May 2012, the Fort Jackson ID Card Office will operate on an appointment only basis Monday - Friday, 9:45 am - 1:15 pm and 3:15 pm - 4:15 pm, in 15-minute increments. Walk-in hours will be from 8:00 am - 9:30 am and 1:30 pm - 3:00 pm, Monday - Friday.

Effective 1 June 2012, the Fort Jackson ID Card Office will operate on an appointment only basis Monday - Friday, 9:45 am - 4:15 pm, in 15-minute increments. Walk-in hours will be limited to 8:00 am - 9:30 am, Monday - Friday.

ID card services can be obtained by scheduling an appointment utilizing the ID card appointment scheduler system at <https://rapids-appointments.dmdc.osd.mil>. Please schedule one customer per appointment. If customers wish to update/enroll in DEERS, an appointment is not necessary. The DEERS enrollments or updates will be conducted on a walk-in basis throughout the normal business hours.

For additional information, please call (803) 751-7731 during normal business hours to speak with a customer service representative.

## Veterinary Treatment Facility

### Healthy Pets for Healthy Families

The Fort Jackson Veterinary Treatment Facility (VTF) staff encourages all eligible patrons to support public health, as well as, the overall wellness of the four-legged members of your Family. Eligible patrons include active duty military and retired military personnel. Our primary mission is to provide complete medical support to government-owned animals throughout many parts of South Carolina, as well as the Transportation Security Administration (TSA) working dogs from Charlotte International Airport. We also ensure force health protection by promoting health and preventing illness in the pets of the active duty and retiree communities. Our staff consists of one Army Veterinary Corps Officer, one civilian veterinarian, three Army Animal Care Specialists, a civilian veterinary technician, and an administrative assistant.

The VTF offers preventive medicine care to dogs and cats. Routine services include vaccinations, heartworm testing, feline leukemia testing, elective surgeries, dental cleaning, de-worming, and microchip

implantation. We also provide limited sick call services to the dogs and cats of your household. Furthermore, we provide health certificates for overseas travel with your pet in accordance with USDA guidance.

Appointments only! Our hours of operation are 8:00 am-4:00 pm, Monday through Friday. The facility is closed the last business day of every month for inventory. We are located at 2445 Knight Road. For further information and/or to schedule an appointment, please call (803) 751-7160 during our business hours.

The majority of our clientele consists of the loyal and respected retirees of the Fort Jackson area. Your longstanding support of our services is greatly appreciated. We look forward to continually providing the best care possible to you and your Family (furry members included). "Serving To Heal...Honored To Serve!" Army Strong!

## American Red Cross

American Red Cross, Fort Jackson  
9810 Lee Road, Room 173  
Phone: (803) 751-4329  
Email: [jacksonredcross@yahoo.com](mailto:jacksonredcross@yahoo.com)

This past year has been a busy time for the American Red Cross Station at Fort Jackson! The Station Manager, Sandy Chambers, returned in December from a six month deployment to Kuwait. While Sandy was gone, Nalan Miles covered the Station Manager duties. Nalan has now returned to her Assistant Station Manager position. June Kinzie, the Red Cross Reservist, was activated during Sandy's absence to help in the office. She is now back on a volunteer status.

The Red Cross will sponsor the annual Summer VolunTEEN program at Moncrief Army Community Hospital. Teens 14 and older who hope to pursue post-high school education in a medical field can gain valuable insight and experience by volunteering through this program. Applications are currently available by calling (803) 751-4329 or emailing: [jacksonredcross@yahoo.com](mailto:jacksonredcross@yahoo.com). Completed applications are due by close of business on Monday, 21 May 12. The program will run for approximately six weeks from mid-June to the end of July.

As always, Red Cross welcomes new volunteers! If you are looking for a way to contribute to the military community, new volunteers are always welcome at Fort Jackson. Many of the volunteers working at Red Cross are seniors who love the time they spend helping each week or month. The American Red Cross New Adult Volunteer orientation is held the second Wednesday morning or fourth Thursday afternoon each month. Call to schedule a time for you.

# FORT JACKSON 2012 RETIREE APPRECIATION DAYS

## THURSDAY, MAY 17

★ **Retreat Ceremony and Salute to Retirees:** At Post Headquarters at 4:30 p.m. Featuring Guest Speaker, SMA (Retired) Jack Tilley. SMA (R) Tilley recently completed his term as Co-Chair of the Chief of Staff of the Army's Retiree Council. Call EOC at 751-5166 after 12:00 p.m. on Thursday, May 17th in case of inclement weather.

## FRIDAY, MAY 18

★ **Golf Tournament:** At Fort Jackson Golf Club, starting at 9:00 a.m. Captain's Choice. Member price is \$35 per person. Non-Member & Guest prices are \$45 per person. Price includes: cart and user fees, snacks, prize fund, BBQ lunch, range and green fees for non-members. Plus door prizes! Call FJGC 787-4437 for details. Please pre-register below or at the Fort Jackson Golf Club.

★ **AAFES In-Store Sale at the Main PX from 9:00 a.m. - 9:00 p.m.**

★ **Commissary Case Lot Sale from 9:00 a.m. - 6:00 p.m.**

## SATURDAY, MAY 19

★ **Retiree Health and Benefits Expo:** At the Solomon Center, Strom Thurmond Blvd, from 9:00 a.m. - 1:00 p.m. Moncrief Army Community Hospital will provide health screening and counseling booths to include blood pressure screening and men's and women's health counseling. Also featuring displays, information booths, discounts, refreshments, and door prizes! Agencies Represented Include: Combat Related Special Compensation, Tricare, Family and MWR, AAFES, Delta Dental, SC Dept of Veterans Affairs, Dorn VA Hospital, DENTAC, TREA, Defense Finance & Accounting, Armed Forces Retirement Home, AER, SJA, AUSA, Fort Jackson National Cemetery, ID Card Services (call 751-7731 for ID Card Information).

★ **Victory Bingo May Madness Buddy Session:** At Victory Bingo. Doors open at 1 p.m. Fun Games begin at 1:30 p.m. Free Buffet. Buddy Night - when you purchase a regular pack or computer pack, your friend get's one too. Regular Bingo Session begins at 5:00 p.m. For more information, call 751-3411.

★ **AAFES In Store Sale at the main PX from 9:00 a.m. - 9:00 p.m.**

★ **Commissary Case Lot Sale from 9:00 a.m. - 6:00 p.m.**

★ **No-Tap Bowling Tournament:** At Century Lanes Bowling Center at 6 p.m. Registration from 5:00 - 6:00 p.m. Only \$20. Price includes shoe rental and prizes. Note: No-Tap simply means that the first ball thrown will count as a strike if 8 pins fall (for women) and 9 pins fall (for men). Plus door prizes! Call 751-6138 for details. Register below or at Century Lanes Bowling Center.

To register online, please visit: [www.fortjacksonmwr.com/signup](http://www.fortjacksonmwr.com/signup)

## Retiree Appreciation Days - Fort Jackson, South Carolina

If you plan to participate in the golf tournament, ceremony and/or bowling tournament, please return this form by May 13, 2012 to: Family and MWR Business Operations, 3392 Magruder Ave., Ft Jackson, SC 29207

Payment will be collected at the door (where appropriate). You can also register at the Golf Club, Officers' Club and Century Lanes.

Full Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Spouse/guest name: \_\_\_\_\_

Email: \_\_\_\_\_

Retreat Ceremony yes \_\_\_ no \_\_\_ spouse/guest yes \_\_\_ no \_\_\_

Golf Tourney (Sign up individually or as a team)

Name	Handicap/avg. 18 hole score
Player 1 _____	_____
Player 2 _____	_____
Player 3 _____	_____
Player 4 _____	_____

Bowling Tourney yes \_\_\_ no \_\_\_ spouse/guest yes \_\_\_ no \_\_\_



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Need a hotel room? Call Victory Travel 1-800-221-3503 or (803) 751-5812 for special government rates.



## Survivor Outreach Services (SOS)

### What is SOS?

Survivor Outreach Services (SOS) is an Army-wide program designed to provide dedicated and comprehensive support to survivors of deceased Soldiers. The program is a joint effort with collaboration from the Installation Management Command (IMCOM), Family and Morale, Welfare and Recreation Command (FMWRC), Casualty and Mortuary Affairs Operation Center (CMAOC), Army National Guard, and Army Reserve. SOS standardizes casualty services and policies across the Army and provides additional staffing at Casualty Assistance Centers and Active Component and Reserve Component Family Programs. SOS responds to the need for specialized staff at Casualty Assistance Centers (CAC) to help Casualty Assistance Officers (CAO) support survivors, as well as adding additional staff that have the sole mission of providing continuing support to survivors.

### SOS is designed to:

- Ensure the Army fulfills its covenant with survivors through sustainment of a comprehensive multi-agency program that improves Soldier and Family preparedness in the event of a catastrophic loss
- Maximize cooperative efforts within the Army casualty and Family programs
- Extend support to Families both before and after a crisis by maximizing cooperation between government and non-government agencies
- Ensure survivors receive all benefits to which they are entitled
- Encourage our survivors to remain an integral

part of the Army Family for as long as they desire

### What has the Army done?

The Army launched a comprehensive survivor services program designed specifically to meet the needs of our survivor population, with dedicated resources and a commitment to providing first class service for as long as the Family desires. Improved resourcing at the CACs will ensure those who work with survivors are well-trained and knowledgeable about the myriad of benefits available to our survivors. A complement of Benefit Coordinators, Financial Counselors, and Support Coordinators will meet the immediate and long-term needs of our survivors for as long as they desire.

### Why is it important to the Army?

By expanding and improving services to Families of the fallen, SOS ensures a holistic and multi-agency approach that provides comprehensive and consistent levels of service at the installation level and across all components to reach geographically dispersed Families. SOS will provide extended financial counseling assistance and long term support to surviving Family Members, ensuring that surviving Families' concerns are addressed expeditiously and to the full extent of our covenant with the Army Family.

### What continued efforts does the Army have planned for the future?

To ensure survivors receive ongoing support, SOS support coordinators are available in the Army community service centers. These coordinators provide long-term support throughout the grieving process, to include coordinating support groups, providing information on referral services, child care, and other services as required.

## Preventive Health Services in Adults

Test	Age (years)	How Often
Blood Pressure (Hypertension)	18 and older	Every office visit or yearly
Cholesterol (Hyperlipidemia)	35 and older	Every 5 years if levels are normal
Mammogram (Breast Cancer)	40 and older (women)	Every year
Pap Smear (Cervical Cancer)	21 and older (women) Sooner if sexually active	Every 1-3 years
Chlamydia (Chlamydial Infection)	25 or younger (women) If sexually active	Yearly until age 26
Colonoscopy (Colon Cancer)	50 and older	Every 5-10 years if normal
Stool Occult Blood (Colon Cancer)	50 and older	Every year
Bone Mineral Density (Osteoporosis)	65 and older (women)	Periodically

# Casualty Assistance Checklist

The enclosed Casualty Assistance Checklist highlights some of the things retired Service Members can do to help their Families prepare for the future. It also reflects some of the major benefits the surviving spouse and, in some cases, the children or parents of retired Service Members may be entitled. In planning for the future, it is important to remember that retirement pay stops when the retired Service Member dies, unless the retired Service Member elected to participate in the Survivor Benefit Plan (SBP).

In addition, retired Service Members are responsible for ensuring their Families understand that applications must be submitted to the appropriate government agencies before survivor benefits can be paid. It is also a retired Service Member's responsibility to advise their Families to file applications for all other benefits for which they might be eligible.

A good plan is supported by documentation, records, and files. The first step in planning and determining tomorrow's needs is knowing what you have today. Therefore, retired Service Members are urged to develop a list of assets and to list the location of important documents that survivors will need to claim these assets. Family Members should be told where this information is on file and should have ready access to them. You can use the enclosed Casualty Assistance Checklist to satisfy this requirement.

In addition, the Casualty Assistance Checklist was placed on the DHR website at [www.jackson.army.mil/sites/info/docs/870](http://www.jackson.army.mil/sites/info/docs/870) for your convenience.

## POINTS OF CONTACT

Please contact the following upon retiree's death:

• **Fort Jackson Casualty Assistance Center (CAC)**, 803-751-4519, 7:30 am - 5:00 pm, Monday-Friday, to request a casualty assistance officer (CAO) for assistance with processing benefits and entitlements, if desired. Please have the following information available regarding the retiree:

- ★ Full name
- ★ Social security number and/or service number
- ★ Date and Place of Birth
- ★ Retired Rank
- ★ Retirement Date
- ★ Disability Rating
- ★ Next of Kin (NOK) Information
- ★ Copy of the Statement of Service (DD Form 214)
- ★ Copy of the Death Certificate

• **Fort Jackson Retirement Services Officer (RSO)**, 803-751-6715, 7:30 am - 5:00 pm, Monday-Friday, to stop retirement pay and process SBP payments, if applicable.

• **Department of Veterans Affairs**  
1-800-827-1000

• **VA Insurance**  
1-800-669-8477

• **Social Security**  
1-800-772-1213

• **U.S. Marine Corps**  
1-800-847-1597

• **U.S. Navy**  
1-800-368-3202

• **U.S. Air Force**  
1-800-433-0048

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## Casualty Assistance Checklist

(to be completed by retired Service Member and/or spouse and kept in your files for your survivors to use)

### SPONSOR INFORMATION

Name: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Date of Retirement: \_\_\_\_\_ Retired Grade/Rank: \_\_\_\_\_

Enrolled in Survivor Benefit Plan (SBP): YES NO Disenrolled from SBP: YES NO

VA Claim Number: \_\_\_\_\_

Eligible to Draw VA Disability Compensation (even if not in receipt now): YES NO

Receiving Social Security: YES NO If yes, age at which first received: \_\_\_\_\_

Organ Donor: YES NO

Living Will: YES NO

### SPOUSE INFORMATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

### MARRIAGE INFORMATION

Date of Marriage: \_\_\_\_\_

Place of Marriage (City, State, Country): \_\_\_\_\_

### CHILD(REN) INFORMATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### INSURANCE POLICIES

Policy # \_\_\_\_\_ Company: \_\_\_\_\_

Amount (include "as of" date): \_\_\_\_\_ Beneficiary: \_\_\_\_\_

Agent: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_



# Casualty Assistance Checklist (continued)

(to be completed by retired Service Member and/or spouse and kept in your files for your survivors to use)

## LONG TERM CARE INSURANCE

Policy # \_\_\_\_\_ Company: \_\_\_\_\_

Type of Coverage: \_\_\_\_\_ Agent Phone: \_\_\_\_\_

Email/Website: \_\_\_\_\_

## INVESTMENTS

Type (IRA, CD, Mutual Fund): \_\_\_\_\_ Company: \_\_\_\_\_

Amount (include "as of" date): \_\_\_\_\_ Agent Phone: \_\_\_\_\_

Email/Website: \_\_\_\_\_

## BANK ACCOUNTS

Bank Name: \_\_\_\_\_ Account # \_\_\_\_\_

Type of Account: \_\_\_\_\_ Amount (include "as of" date): \_\_\_\_\_

Phone: \_\_\_\_\_ Website: \_\_\_\_\_

## CREDITORS

Name & Address: \_\_\_\_\_

Account # \_\_\_\_\_ Balance Due (include "as of" date): \_\_\_\_\_

Life Insurance: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## BURIAL INFORMATION

Who should be notified of your death:  
Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Do you want a military honor guard? YES NO

Do you want to be (circle one): Buried / Cremated

Have you purchased a burial plot? YES NO

If yes, location: \_\_\_\_\_

Name and location of cemetery where you want to be buried: \_\_\_\_\_

Do you want to be buried in your uniform? YES NO If yes, location: \_\_\_\_\_

Do you want a memorial service? YES NO If yes, location: \_\_\_\_\_

Do you have a preference of funeral home: YES NO If yes, location: \_\_\_\_\_



## Casualty Assistance Checklist (continued)

(to be completed by retired Service Member and/or spouse and kept in your files for your survivors to use)

### LOCATION OF DOCUMENTS

DOCUMENT

LOCATION

Living Will

\_\_\_\_\_

Current Retired Pay Statement

\_\_\_\_\_

Marriage Certificate(s)

\_\_\_\_\_

Divorce Decree(s)/property settlement(s) (from previous marriage(s) of retired Soldier or spouse)

\_\_\_\_\_

Death certificate(s) (from previous marriage(s) of retired Soldier or spouse)

\_\_\_\_\_

Birth certificates/adoption papers (retired Soldier, spouse, children) DD Form(s) 214 (Active Duty Discharge Record) (for all periods)

\_\_\_\_\_

Safe-Deposit Box (lists content)

\_\_\_\_\_

Will

\_\_\_\_\_

Vehicle registration and title

\_\_\_\_\_

Insurance policies

\_\_\_\_\_

Investment papers

\_\_\_\_\_

Burial plot information

\_\_\_\_\_

Uniform for burial

\_\_\_\_\_

Medical and dental records

\_\_\_\_\_

Real estate deeds

\_\_\_\_\_

Tax returns

\_\_\_\_\_

Other

\_\_\_\_\_

Other

\_\_\_\_\_

Other

\_\_\_\_\_

Other

\_\_\_\_\_

Note: Your selected funeral director will assist you with requesting military funeral honors, if desired. Retirees are eligible for full military funeral honors.

Directorate of Human Resources  
Retirement Services Office  
5450 Strom Thurmond Blvd, Room 216  
Fort Jackson, SC 29207-5208

Official Business

PRSRT STD  
US POSTAGE  
**PAID**  
COLUMBIA, SC  
PERMIT NO. 248

## Fort Jackson Retiree Council Members

Rank	Member Name	Address	City/State/Zip	Phone	Service
COL	Mike Molosso (Chair)	9 Whithorn Way	Blythewood, SC 29216	865-3336	USA
BG	Nick Sipe	44 Mallett Hill Road	Columbia, SC 29223	699-0034	ARNG
COL®	Bernard Chapman, Jr.	8 Fallen Leaf Court	Columbia, SC 29229	865-1651	USA
COL	William A. Whatley	126 Peach Grove Circle	Elgin, SC 29045	661-8667	USA
CAPT	L.E. Spradlin*	6709 Kaminer Drive	Columbia, SC 29206	782-6500	USN
LTC	John R. Marcucci*(V/Ch)	404 White Birch Circle	Columbia, SC 29223	736-5041	USMC
LTC	Tom McAndrews	7217 Mountain Brook Drive	Columbia, SC 29209	776-1756	USA
MAJ	Jackie Smalls	305 Westbrook Way	Lexington, SC 29072	996-0325	USA
CW5	David A. Ratliff (Sec)	229 Steeple Drive	Columbia, SC 29229	865-0120	USA
CW4	Harry S. Sobjack	105 Canton Way	Lexington, SC 29072	586-9501	USA
CSM	James W. (Boo) Alford*	308 Percival Road, #1906	Columbia, SC 29206	787-8209	USA
CSM	Russel Anderson*	108 Healing Springs Road	Hopkins, SC 29061	776-0878	USA
CSM	Michael L. Armstead	221 Worthington Parkway	Columbia, SC 29229	419-4261	USA
CSM	Jesse J. DeBerry	21 Feather Run Court	Blythewood, SC 29016	786-4418	USA
CSM	Daniel E. Hagan	400 Block House Road	Swansea, SC 29160	568-4735	USA
CSM	Carl M. Lopez	8 Windy Knoll Court	Columbia, SC 29229	699-2512	USA
MSGT	Robert W. Barkalow, Jr.	138 Sicken Drive West	Columbia, SC 29169	936-0680	ANG
OSCM	James T. Price*	7809 Edgewater Drive	Columbia, SC 29223	788-0493	USN
SGM	Robert B. Price*	1648 Goldfinch Lane West	Columbia, SC 29169	794-8702	USA
SGM	Joyce S. Roberts	377 Bloomsbury Circle	Camden, SC 29020	432-1088	USA
MSGT	James W. Rodgers*	636 Park Place	Elgin, SC 29045	740-2319	USAF

\*Indefinite Term of Svc

Retirement Services Officer: Gregory L. Fountain, (803) 751-6715